Semester Goals

GOAL 1: Drink More Water daily.

How am I going to accomplish this goal: I downloaded an app that I can track my water intake with, I average about 4 water bottles a day and want to drink 6 or more.

How did I do on this goal: Overall I did ok I feel like many days I did do more than 4 but not the six, I will continue to track my water intake to drink more water daily.

GOAL 2: Stop Drinking Soda daily, limit it to once a week

How am I going to accomplish this goal: I will not buy soda anymore other than on the one week I decide, since I go out on Wednesday’s ill limit it to that day only

How did I do on this goal: I feel like I did great on this goal overall. At first it was a little hard I did drink soda more than one day the first week but after that I have limited it to Wednesdays only.

GOAL 3: Eat healthier food choices.

How am I going to accomplish this goal: try to buy my own food and cook it daily.

How did I do on this goal: I feel like this didn’t go well with work full time and school fulltime I rarely had time to make my own food so I would eat out or eat what was at home.

GOAL 4: Go to the gym more often and do exercise other than Zumba class

How am I going to accomplish this goal: I will get a fitness buddy and go as much as possible.

How did I do on this goal: I feel like I did well on this goal. I found myself a gym buddy and all though we don’t go every day I feel like I get a good work out when I do plus if I didn’t go to the gym I would go walk at the park by my house

GOAL 5: Try to get better night sleep to be more energized and feel great.

How am I going to accomplish this goal: By managing my time and writing my self a schedule on what I need to accomplish in one day to be in bed no later than 11pm

How did I do on this goal: I feel like I did fine on this goal all though it was a little hard when unexpected thigs came up but all in all I was able to do what I had to do and be in bed by 11 pm

Fitness Journal

Laura Bravo

Zumba

M&W 5:00

Day 1: March 13, 2016

Breakfast: None

Snack: Cliff Bar White chocolate Macadamia

Lunch: Turkey sandwich and dill pickle

Snack: 1 Bag Flaming Hot Cheetos

Dinner: Mole Poblano with chicken and rice

Water Intake: 6 water bottles

Exercise:

Type: 1 hour walk in the park

Day 2: March 14, 2016

Breakfast: none

Snack: Chocolate Fiber bar

Lunch: 2 Chicken salad tostada

Snack: 1 bag of hot Cheetos

Dinner: More Chicken salad tostadas (2)

Water Intake: 8 water bottles

Exercise:

Type: 45 min walk and 1 hour of weights at the gym

Day 3: March 15, 2016

Breakfast: None

Snack: Fiber Bar

Lunch: Turkey Wrap

Snack: Bag of Popcorn

Dinner: 4 Carne asada tacos with rice and beans

Snack: Apples with caramel

Water Intake: 6 water bottles

Exercise: none

Day 4: March 16, 2016

Breakfast: None

Snack: White chocolate macadamia Cliff bar

Lunch: Turkey Croissant Sandwich

Snack: 1 hot Cheetos bag

Dinner: 1 bowl of chicken and vegetables soup

Snack: Strawberries and cream

Water Intake: 9 water bottles

Exercise:

Type: 45 min walk and 1 hour weights at the gym

Day 5: March 17, 2016

Breakfast: Medium Pomegranate pick me up Jamba Juice

Snack: none

Lunch: Chicken Quesadilla

Snack: Churro

Dinner: Philly Steak Sandwich with fries

Snack: apple sauce

Water Intake: 7 water bottles

Exercise:

Type: 1 hour of walking at Park

Day 6: March 18, 2016

Breakfast: None

Snack: Chocolate Fiber Bar

Lunch: 2 slices of Peperoni pizza

Snack: 1 hot Cheetos bag

Dinner: Stuffed Poblano Peppers with rice and beans

Snack: 1 slice of flan

Water Intake: 7 water bottles

Exercise:

Type: 45 min walk on treadmill

Day 7: March 19, 2016

Breakfast: None

Snack: Tall Caramel Frappuccino

Lunch: Grilled Cheese sandwich

Snack: 1 hot Cheetos bag

Dinner: Chow Mein and Teriyaki Chicken Bowl

Snack: none

Water Intake: 6 water bottles

Exercise:

Type: none

Day 8: March 20, 2016

Breakfast: None

Snack: White chocolate macadamia Cliff bar

Lunch: none

Snack: 1 hot Cheetos bag

Dinner: Grilled Shrimp with Vegetables and white rice

Snack: Coffee cake

Water Intake: 7 water bottles

Exercise:

Type: none

Day 9: March 21, 2016

Breakfast: 2 eggs and 2 waffles

Snack: none

Lunch: Chicken salad Sandwich

Snack: none

Dinner: Grilled chicken tacos with rice and beans

Snack: 1 Bag of hot Cheetos

Water Intake: 9 water bottles

Exercise:

Type: 45 min walk and 1 hour weights at the gym

Day 10: March 22, 2016

Breakfast: None

Snack: none

Lunch: Chicken Greek Salad with Pitta Bread

Snack: Cheese string

Dinner: Chicken Wings and Fries

Snack: Celery and Carrots

Water Intake: 8 water bottles

Exercise:

Type: none

Day 11: March 23, 2016

Breakfast: None

Snack: Fiber Bar

Lunch: none

Snack: none

Dinner: Chicken in green salsa with rice and beans

Snack: Twinkie

Water Intake: 9 water bottles

Exercise:

Type: 45 min walk and 1 hour weights at the gym

Day 12: March 24, 2016

Breakfast: None

Snack: White chocolate macadamia Cliff bar

Lunch: Turkey Croissant Sandwich

Snack: 1 hot Cheetos bag

Dinner: none

Snack: bag of almonds

Water Intake: 9 water bottles

Exercise:

Type: hour long walk at park

Day 13: March 25, 2016

Breakfast: Venti Caramel Iced Coffee

Snack: Coffee cake

Lunch: none

Snack: none

Dinner: Bowl of Chicken tortilla soup with Roll

Snack: 1 bag of hot Cheetos

Water Intake: 6water bottles

Exercise:

Type: none

Day 14: March 26, 2016

Breakfast: None

Snack: Fiber Bar

Lunch: Turkey sandwich

Snack: 1 hot Cheeto

s bag

Dinner: Carne Asada Tacos

Snack: none

Water Intake: 8 water bottles

Exercise:

Type: none

Day 15: March 27, 2016

Breakfast: None

Snack: none

Lunch: 1 slice of pizza

Snack: 1 hot Cheetos bag

Dinner: Carne Asada with Rice and Beans

Snack: Can of Coke

Water Intake: 6 water bottles

Exercise:

Type: hour long walk at park

Day 16: March 28, 2016

Breakfast: Cheese Omelet

Snack: none

Lunch: none

Snack: Ritz Cheese crackers

Dinner: Chicken with Cilantro Rice and beans

Snack: slice of tres leches cake

Water Intake: 9 water bottles

Exercise:

Type: one hour walk and 1 hour weights at the gym

Day 17: March 29, 2016

Breakfast: None

Snack: None

Lunch: None

Snack: 1 hot Cheetos bag

Dinner: Chicken Alfredo Pasta and breadsticks

Snack: none

Water Intake: 6 water bottles

Exercise:

Type: hour long walk at park

Day18: March 30, 2016

Breakfast: French toast and scrambled eggs with bacon

Snack: None

Lunch: none

Snack: none

Dinner: Chicken and corn empanadas with lettuce and tomatoes

Snack: none

Water Intake: 6 water bottles

Exercise:

Type: none

Day 19: March 31, 2016

Breakfast: None

Snack: White chocolate macadamia Cliff bar

Lunch: Barbeque Sandwich with coleslaw

Snack: none

Dinner: Bacon wrapped hotdogs with chili

Snack: chocolate cake

Water Intake: 6 water bottles

Exercise:

Type: none

Day 20: April 1, 2016

Breakfast: None

Snack: White chocolate macadamia Cliff bar

Lunch: Tuna Sandwich

Snack: 1 hot Cheetos bag

Dinner: Carne Asada Fries

Snack: none

Water Intake: 5 water bottles

Exercise:

Type: hour long walk at park

Day 21: April 2, 2016

Breakfast: Cheese Omelet with bacon

Snack: none

Lunch: none

Snack: 1 hot Cheetos bag

Dinner: Mole Poblano with chicken and rice

Snack: spicy peanuts

Water Intake: 9 water bottles

Exercise:

Type: one hour walk and one hour of weights at gym

Day 22: April 3, 2016

Breakfast: None

Snack: none

Lunch: Pho Soup

Snack: none

Dinner: Grilled Salmon with rice and broccoli

Snack: Bag of lays Chips

Water Intake: 8 water bottles

Exercise:

Type: 1 hour walk at park

Day 23: April 4, 2016

Breakfast: None

Snack: White chocolate macadamia Cliff bar

Lunch: none

Snack: 1 hot Cheetos bad

Dinner: Cheese stuffed Poblano Peppers with rice and beans

Snack: Strawberries and cream

Water Intake: 8 water bottles

Exercise:

Type: hour long walk and hour long weight work out at gym

Day 24: April 5, 2016

Breakfast: Jamba Juice medium Razz matazz

Snack: oatmeal

Lunch: none

Snack: none

Dinner: Chicken tacos with rice and beans

Snack: Tiramisu

Water Intake: 7 water bottles

Exercise:

Type: hour long walk at park

Day 25: April 1, 2016

Breakfast: Bowl of Cheerios Cereal

Snack: none

Lunch: none

Snack: 1 hot Cheetos bag

Dinner: Burger and Fries

Snack: none

Water Intake: 5 water bottles

Exercise:

Type: none